

AB to Forever (Now to Forever)

COPPER KNOB
STEPSHEETS

拍数: 128 墙数: 1 级数: Intermediate Bollywood style
编舞者: Jennifer Choo Sue Chin (MY) & Adeline Cheng (MY) - May 2022
音乐: Ab To Forever (From Ta Ra Rum Pum) - KK, Shreya Ghoshal & Vishal Dadlani :
(Soundtrack: Ta Ra Rum Pum - 4:59 version)



Sequence: ABT1 BT2 ABT3 B Ending
Intro: 4x8 (start dance on vocals "Chica Chica")

Part A (48 counts)

A1 TOE STRUT, CROSS STRUT, TOE STRUT, CROSS STRUT End

1-4 (1) Tap R toe to R, (2) Step R heel down, (3) Tap L toe across RF, (4) Step L heel down.
12:00

Styling: Shrug shoulders simultaneously up and down 4x for counts &1-&2-&3-&4 while doing Toe Struts
12:00

5-8 Repeat 1-4 12:00

A2 R MAMBO, L MAMBO, R HIP BUMPS 4X

1&2 (1) Rock RF to R (lean upper body to R), (&) Recover on LF, (2) Close RF next to LF 12:00

3&4 (3) Rock LF to L (lean upper body to L), (&) Recover on RF, (4) Touch LF next to RF 12:00

5-8 Bump hips to R 4x

Styling: Both arms fwd bent at elbow and twisting wrists from up to down along with hips movement 12:00

A3 TOE STRUT, CROSS STRUT, TOE STRUT, CROSS STRUT (MIRROR of A1)

1-4 (1) Tap L toe to L, (2) Step L heel down, (3) Tap R toe across LF, (4) Step R heel down.
12:00

Styling: Shrug shoulders simultaneously up and down 4x for counts &1-&2-&3-&4 while doing Toe Struts
12:00

5-8 Repeat 1-4 12:00

A4 L MAMBO, R MAMBO, L HIP BUMPS 4X (MIRROR of A2)

1&2 (1) Rock LF to L (lean upper body to L), (&) Recover on RF, (2) Close LF next to RF 12:00

3&4 (3) Rock RF to R (lean upper body to R), (&) Recover on LF, (4) Touch RF in front of LF
12:00

5-8 Bump hips to L 4x

Styling: Both arms fwd bent at elbow and twisting wrists from up to down along with hips movement 12:00

A5-A6 FULL PADDLE TURN WITH SEXY HIPS

1-4 (1) Step RF fwd, (2) ½L rolling hips CCW, (3) Step RF fwd, (4) ½L rolling hips CCW 9:00

5-16 (5-8) Repeat 1-4 (6:00), (9-12) Repeat 1-4 (3:00), (13-16) Repeat 1-4 (12:00) 6:00

Part B (80 counts)

B1 R HIP BUMP & STEP, ½L L HIP BUMP & STEP, R HIP BUMP & STEP, ½L L HIP BUMP & STEP End

1-2 (1) Touch RF fwd and bump R hip, (2) Step down on RF 12:00

3-4 (3) ½L Touch LF fwd and bump L hip, (4) Step down on LF 6:00

5-8 Repeat 1-4 12:00

B2 BHANGRA STEP – HITCH TOUCHES

&1 (&) Hitch R knee, (1) Point RF across LF 12:00

&2 (&) Hitch R knee, (2) Step RF to R 12:00

&3 (&) Hitch L knee, (3) Point LF across RF (mirror &1) 12:00

&4 (&) Hitch L knee, (4) Step LF to L (mirror &2) 12:00

&5 (&) Hitch R knee, (5) Point RF across LF (repeat &1) 12:00

&6 (&) Hitch R knee, (6) Step RF to R (repeat &2) 12:00

&7 (&) Hitch L knee, (7) Step LF to L 12:00

Styling: Lift both arms up on (&) counts and pull elbows down slightly for the numerical counts. Also add a bounce to the weighted foot when you do the hitches.

B3 CROSS SIDE CLOSE 4x (TRAVELLING FWD SLIGHTLY)

8&1 (8) Cross RF over LF, (&) Step LF to L diag fwd, (1) Close RF next to LF (push hips back) 12:00

2&3 (2) Cross LF over RF, (&) Step RF to R diag fwd, (3) Close LF next to RF (push hips back) (mirror 8&1) 12:00

4&5, 6&7 Repeat 8-3 12:00

B4 CROSS BACK SIDE 2x (TRAVELLING BWD SLIGHTLY), JAZZ BOX

8&1 (8) Cross RF over LF, (&) Step LF diag L back, (1) Step RF to R 12:00

2&3 (2) Cross LF over RF, (&) Step RF diag R back, (3) Step LF to L (mirror of 1&2) 12:00

4-7 (4) Cross RF over LF, (5) Step LF diag L back, (6) Step RF to R, (7) Cross LF over RF 12:00

B5 R CHASSE, HIP SWINGS 3x, L CHASSE, HIP SWINGS 3x

8&1 (8) Step RF to R, (&) Close LF next to R, (1) Step RF to R and swing hips to R 12:00

2-3 (2) Swing hips to L, (3) Swing hips to R 12:00

4&5 (4) Step LF to L, (&) Close RF next to L, (5) Step LF to L and swing hips to L (mirror of 8&1) 12:00

6-7 (6) Swing hips to R, (7) Swing hips to L (mirror of 2-3) 12:00

B6 R CHASSE + HIP SWINGS 3x, ½L POINT 4x

8&1 (8) Step RF to R, (&) Step LF next to RF, (1) Step RF to R and swing hips to R 12:00

2-4 (2) Swing hips to L, (3) Swing hips to R, (4) Sway hips to L and prep body for turns 12:00

5-8 (5) ½L Point RF to R, (6) ½L Point RF to R, (7) ½L Point RF to R, (8) ½L Point RF to R

Options: For less turn, do 4x ¼L turns instead 12:00

B7 BRING IT ON "R", POINT UP R DIAG, ARM SWINGS WITH CHEST

1 Rock RF fwd and lean body fwd with both arms rolling backwards gesturing people to "bring it on" 12:00

2-4 Gradually straightening up and shifting weight to LF with arms still gesturing for people to "bring it on" 12:00

5-6 (5) Close RF next to LF lean body to L slightly and point R arm up to diag R, (6) Hold 12:00

7-8 (7) Lift L arm and swing both arms backwards leaning slightly to the right and opening chest, (8) With arms still up, repeat count 7 to the left 12:00

B8 BRING IT ON "L" (Mirror of B7)

1 Rock LF fwd and lean body fwd with both arms rolling backwards gesturing people to "bring it on" 12:00

2-4 Gradually straightening up and shifting weight to RF with arms still gesturing for people to "bring it on" 12:00

5-6 (5) Close LF next to RF lean body to R and point L arm up to diag L, (6) Hold 12:00

7-8 (7) Lift R arm and swing both arms backwards leaning slightly to the left and opening chest, (8) With arms still up, repeat count 7 to the right 12:00

B9-B10 Repeat B7-B8

Tag 1: 2 FULL PADDLE TURNS WITH SEXY HIPS, 1 K-STEP, 1 FULL PADDLE TURN, 2 K-STEPS

Set 1-2 Repeat A5-A6 12:00

Set 3 Do Syncopated K-Step (See descriptions in Tag 2 below) 12:00

Set 4 Repeat A5 but with ¼L turn (instead of ½L turn) – so you complete a full turn in 8 counts 12:00

Set 5-6 Do Syncopated K-Step 2x (See descriptions in Tag 2 below) 12:00

Tag 2: SYNCOPATED K-STEP

&1-2 RF hop to diag R fwd, Touch LF next to RF, Hold 10:30

&3-4 LF hop to diag L back, Touch RF next to LF, Hold 12:00

&5-6 RF hop to diag R back, Touch LF next to RF, Hold 1:30
&7&8 LF hop to diag L fwd, Touch RF next to LF, Raise R hip, Drop R hip 12:00

Tag 3: SHIMMY SHOULDERS

1-4 Shimmy shoulders over 4 counts 12:00

Ending:

Set 1-2 Repeat A5 12:00

Set 3-4 Repeat A5 but turning R instead then do any Indian pose after set 4 12:00

The phrasing seems complicated, but it will make sense with the music. We try to simplify with easy and mirror image steps, and only 1 wall dance, so hope you will give this dance a try as the music is simply awesome. Enjoy!

For Indian styling, arm and finger movements, please watch my tutorial video: <https://youtu.be/6hr66lZN-3s>

The dance was performed as a surprise Flashmob at Tanusya (Adeline's daughter) and Vibesh's wedding. Here's wishing the newly-weds a lifetime (now to forever) of marital bliss. Enjoy the video of flashmob here: <https://youtu.be/1FIFEWV0BGE>
